



How Do I Count the Oils I Eat?

The chart gives a quick guide to the amount of oils in some common foods:

	Amount of food	Amount of oil Teaspoons /grams	Calories from oil Approximate calories	Total calories Approximate calories
Oils:				
Vegetable oils (such as canola, corn, cottonseed, olive, peanut, safflower, soybean, and sunflower)	1 Tbsp	3 tsp/14 g	120	120
Foods rich in oils:				
Margarine, soft (<i>trans</i> fat free)	1 Tbsp	2 ½ tsp/11 g	100	100
Mayonnaise	1 Tbsp	2 ½ tsp/11 g	100	100
Mayonnaise-type salad dressing	1 Tbsp	1 tsp/5 g	45	55
Italian dressing	2 Tbsp	2 tsp/8 g	75	85
Thousand Island dressing	2 Tbsp	2 ½ tsp/11 g	100	120
Olives*, ripe, canned	4 large	½ tsp/ 2 g	15	20
Avocado*	½ med	3 tsp/15 g	130	160
Peanut butter*	2 T	4 tsp/ 16 g	140	190
Peanuts, dry roasted*	1 oz	3 tsp/14 g	120	165
Mixed nuts, dry roasted*	1 oz	3 tsp/15 g	130	170
Cashews, dry roasted*	1 oz	3 tsp/13 g	115	165
Almonds, dry roasted*	1 oz	3 tsp/15 g	130	170
Hazelnuts*	1 oz	4 tsp/18 g	160	185
Sunflower seeds*	1 oz	3 tsp/14 g	120	165

*Avocados and olives are part of the Vegetable Group; nuts and seeds are part of the Protein Foods Group. These foods are also high in oils. Soft margarine, mayonnaise, and salad dressings are mainly oil and are not considered to be part of any food group.